

Abstract

Title: Training obligatory technical components in the competition Žij pohybem in the show teams category.

Objectives: The goal of this work is the creation of the methodical trainings for chosen technical components in the show teams category in the competition Žij pohybem.

Methods: The outcome of this work has been achieved by studying the specialized literature and internet sources that look into this issue. The realization of this work has been managed mostly by the observation of trainings, competitions, and training course for this competition. The next important part of realization was my own experiences and findings gained in area of coaching and trainers activity. I also used consultations with experienced experts in this area.

Results: I designed the way of preparation and methodical trainings for chosen components (following the rules of the competition Žij pohybem) by analysing the chosen obligatory technical components. I have stated the photo documentation of the components and common mistakes in their execution. This work can improve the technical aspect of the competitors performance in the competition Žij pohybem.

Keywords: Aerobics, Žij pohybem, show teams, obligatory technical components